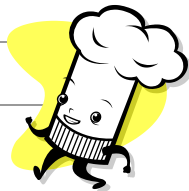

Chili – serves 4



Ingredients:

2lbs	Ground beef
1 can	15oz kidney beans
4 can	14oz diced tomatoes – chili style/spicy style
Lots of	Chili power – to your liking
1 lg bag	Large bag of shredded cheddar cheese
2 can	8 oz tomato sauce
¾ cup	15 oz tomato sauce
1 lg	Whole white onion

Directions:

Cook ground beef with diced onion, drain grease. In a large pot, add beans, diced tomatoes, chili powder, tomato sauce. Heat till it simmers then let it cook down for 30 minutes. Serve topped with cheddar cheese.